

# YOUTH SERVICES POLICY

<b>Title:</b> Leisure/Recreation Activities <b>Next Annual Review Date:</b>	<b>Type:</b> C. Field Operations <b>Sub Type:</b> 1. General <b>Number:</b> C.1.12
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<b>References:</b> ACA Standards 2-CO-5C-01 (Administration of Correctional Agencies), and 3-JTS-5F-01 through 5F-06 (Juvenile Training Schools); and YS Policy No. B.2.10 "Youth Structured Programming."	
<b>STATUS:</b> Approved	
<b>Approved By:</b> <i>Simon Gonsoulin, Deputy Secretary</i>	<b>Date of Approval:</b> 12/05/2005

## 1. AUTHORITY:

Deputy Secretary of Youth Services as contained in La. R.S. 36:405.

## 2. PURPOSE:

To establish the Deputy Secretary's policy regarding leisure/recreational activities, including the use of weight-lifting equipment, television programming and travel related to recreational activities for youth housed in secure care facilities.

## 3. APPLICABILITY:

Assistant Secretary, Deputy Assistant Secretaries and Facility Directors are responsible for implementing and maintaining compliance with this policy.

## 4. DEFINITIONS:

Custody Staff - all security personnel, which includes Youthcare Workers and Supervisors.

Qualified Staff Member - a person assigned to supervise both the administrative and operational activities of a leisure program.

## 5. POLICY:

It is the Deputy Secretary's policy that youth be afforded appropriate and adequate leisure and recreational activities. Each Director shall develop policies and procedures pertaining to youth related leisure/recreational activities inclusive of inter-facility travel-related activities, weight-lifting activities and television programming. The Director will be responsible for establishing guidelines for leisure and recreational activities appropriate to the needs of the youth.

**6. DAILY RECREATIONAL ACTIVITIES/STRUCTURED RECREATIONAL PROGRAM:**

- A. A minimum of one-hour of structured outdoor exercise is to be provided each youth, weather permitting, unless contra-indicated for medical or safety reasons. Outdoor exercises shall be documented in the logbook in accordance with the daily schedule of activities.
- B. Adequate outdoor/indoor recreational equipment and activities should be available in each living area, and should also include equipment and activities for special needs youth, when applicable.
- C. The recreational program shall be supervised by a qualified staff member.

**7. TRAVEL-RELATED RECREATIONAL ACTIVITIES:**

- A. No state funds will be used to pay for cost of inter-facility youth travel associated with recreational activities.
- B. Directors may utilize youth welfare funds for cost associated with such travel.
- C. Costs for such travel may be estimated based upon the average hourly rate for custody staff, state rate for mileage or other applicable factors.
- D. Directors will ensure that fiscal records relating to such travel are appropriately documented and maintained.

**8. USE OF WEIGHT-LIFTING EQUIPMENT:**

- A. The use of weight-lifting equipment should be considered a wellness/fitness exercise activity and a tool for physical therapy or rehabilitation, and not a means to significantly increase muscle strength or be a mechanism for "body building." Competitive power-lifting is prohibited.
- B. Only the use of fixed-weights is allowed, with a maximum of 100 pounds, which includes both bar bell and weights.
- C. The Health Care Authority at each facility should provide recommendations relative to the maximum amount of weight to be utilized at any one-time that will minimize the chance of injury and accomplish the goals of this policy.

**9. TELEVISION PROGRAMMING:**

- A. Directors may utilize local television programming, cablevision services, satellite dishes, videotape and DVD rentals and sales or other appropriate means to provide basic and educational television in accordance with state and federal laws and regulations.
- B. Television viewing should be looked upon as a leisure time activity to be used for a limited time period during any given day. It should never be scheduled to take the place of education, recreation and/or any planned program activities.
- C. Programming for cablevision/satellite services must be available in such a manner as to exclude premium movie channels, music video channels and other expanded service programs which are not authorized.

- 1. Examples of basic channels allowed without restriction (not all inclusive due to variations in channels available):

Local television station(s)

Educational channels (Louisiana Public Broadcasting, The Learning Channel, The Discovery Channel, The History Channel, National Geographic, etc.)

Cable News Network

ESPN

WTBS

WGN

USA

TNT

Nickelodeon

i Independent Television

OLN

- 2. Examples of expanded basic, music video, and premium channels not allowed (not all inclusive due to variations in channels available):

Home Box Office (HBO)

Cinemax

Encore

Starz

Pay Per View

The Playboy Channel

FLIX

Music Video Channels (MTV, TNN, CMT, etc.)  
Shopping Channels (QVC, Home Shopping Network, etc.)  
Bravo  
Fuse

- D. Programs rated "R" or "X" are not allowed. This includes television, movies, broadcasts, music videos, CD's, DVD's and other forms of programming. Television videos/DVD's rated "R" or "X" are not allowed.
- E. Game systems videos/DVDs rated "T" (Teen), "M" (Mature), "AO" (Adults Only), or "RP" (Rating Pending) are not allowed.
- F. Directors will provide for periodic review and monitoring of television programming to upgrade or delete services as appropriate, as well as reviewing and monitoring of game systems videos/DVD ratings for appropriateness.

**10. QUALITY ASSURANCE:**

Facility Directors, or designees, shall monitor compliance with the stipulations of this policy and ensure that all activity is in compliance with the procedures set forth.

**Previous Regulation/Policy Number:** B-08-011 / B.8.9; C-01-012 / C.1.12; C-01-010 / C.1.10; C-01-011 / C.1.11

**Previous Effective Date:** 6/25/97; 10/15/98; 3/15/96; 7/25/97

**Attachments/References:**